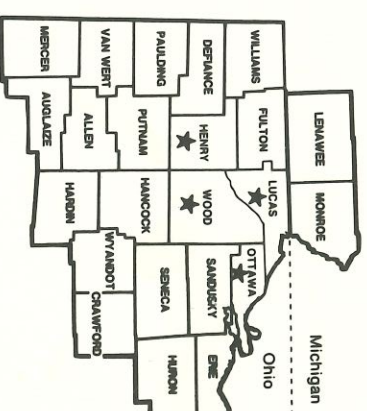


the SIGHT CENTER

A Service of the Toledo Society for the Blind
1819 Canton Avenue
Toledo, Ohio 43624
419/241-1183



★ Designates membership in United Way

Volume 23, No. 3

December, 1986

Capital Improvements Drive Tops \$600,000 Mark

Outside Repairs



Plans to tear out and replace the building's aging flat roof yet this year were dashed with the arrival of cold weather. Temporary repairs were made early in December in hope of preventing further interior damage. Complete replacement of the roof, plus installation of insulation, will begin next spring.

Inside Repairs



Some of the mischief caused by rainwater leaking through the 30-year-old roof is evident here, as maintenance man Fred Miller goes about the job of counting and measuring several dozen ceiling tile that must be replaced.

Toledo-Area Group Recruiting Blind Amateur Athletes

Sight-handicapped amateur athletes of all ages are being invited to join Toledo Blind Athletes, Inc., according to Kevin Perrine, president.

Anyone from the Sight Center's service area is welcome, he said.

Members may participate in swimming, track and field events, tandem cycling, gymnastics (females only), cross-country and downhill skiing, weight lifting, judo and goalball.

When well-trained in a specialty, members will be eligible to participate on a national level, he added.

Those wishing further information should contact Mr. Perrine at (419) 241-1183.

Business Office Open Dec. 31

The Sight Center's business office will be open from 8:30 a.m. to 2 p.m. Wednesday, Dec. 31, for the con-

Concern Voiced over Impact of Federal Tax Law Changes

While The Sight Center's recent Capital Improvement Fund Campaign surpassed its \$500,000 goal, achieving more than \$600,000 in pledges, the Center's board of trustees is very apprehensive of the final income results because of the new Federal income tax laws taking effect next year.

With campaign pledges being of three to five years in duration, Thomas R. Day, campaign chairman and vice president of The Center's board, said, "We trust the tax laws will not deter pledgers from fulfilling their commitments. To date, we have received \$225,000 toward the pledges, which permits us to initiate the top priority capital improvement item, the roof replacement on The Center's headquarters building at 1819 Canton Ave. The 30-year old roof must be completely torn out, and because of the extensive work required, contractors advise starting this project in the spring. Other improvement projects, which include teaching and training equipment as well as renovation of training areas, will be phased in as soon as monies become available."

The monies derived in the Capital Improvement Fund Campaign, Mr. Day stressed, are earmarked for specific, necessary improvement projects in an effort to continue quality service to the blind and visually-impaired. None of the monies can be diverted toward operating expenses. Money for operating expenses is derived from the United Ways of Greater Toledo and Henry County, donations and fees.

In its 63 years of operation, the Toledo Society for the Blind, which operates The Sight Center, had never before conducted a capital campaign.

Mr. Day commented, "We were forced to explore this fund-raising

method because The Center's limited income never permitted establishment of reserves for major capital expenditures such as needed now to keep The Sight Center a viable operation. The Center's campaign leadership, the board and administration are gratified by the response to this appeal. The campaign's success can be attributed to many volunteers who rallied to the cause and brought the campaign to fruition. Their work fortifies The Sight Center's commitment of service to the blind and the visually-impaired."

Mr. Day added, "Once the roof is in place protecting the building's contents, we will proceed, dependent on income, with the renovation of The Center's rehabilitation training areas. These areas are very necessary in teaching clients to function independently in a world shaped by sighted people. Other improvement projects scheduled are directed toward energy conservation as well as the safety of clients and visitors to The Center. With the growing number of people requiring service, we must be prepared with the facilities and equipment to properly service them."



A new Pitney-Bowes mailing machine was one of the first buys made with capital campaign funds. It was put to immediate use by Evelyn Berres, development office coordinator.

Richard H. Schaub

Richard H. Schaub, 50, chairman of community services for Ohio Valley Chapter No. 80, Telephone Pioneers of America, and a long-standing friend of the blind, died Sept. 2 in Medical College of Ohio Hospital, Toledo.

A native Toledoan, Mr. Schaub was employed 31 years at Ohio Bell Telephone Company, where he was assistant manager of community services at the time of his death.

He was past president of the Toledo Council, Telephone Pioneers of America, and was chairman of that Council's community services group. In those positions, he directed much of the volunteer work performed by the Pioneers on behalf of the blind, including wiring the headsets at the annual Shrine Circus in Toledo so that blind patrons could hear the announcer's description of circus action.

Mr. Schaub also coordinated efforts of the Pioneers to make chirping eggs for the annual Easter Egg Hunt by blind children, and to make beeping baseballs and other sports equipment for blind participants.

It was also during his tenure as chairman of the community services group that the Pioneers donated funds for installation of carpeting in the Sight Center's aids and appliances room, where other Pioneers regularly repair Talking Book machines and cassette tape players.

Mr. Schaub was an avid bowler, and a member of Maumee Aerie No. 2562, Fraternal Order of Eagles.

He is survived by his wife, Carol; sons, Gary, David, and Mark; and brothers, Robert and William.

Burial was in Ottawa Hills Memorial Park, Toledo.

In 18-Point Type

New Area Publication Aims For Low Visibility Subscribers

Big Times is a new monthly publication designed to accommodate low-vision readers.

It is compiled and edited by the staff of *Farmland News*, a weekly paper published at Archbold, OH, that serves about 9,000 northwest Ohio readers.

The new tabloid is printed in 18-point type, double the size used in most newspapers, according to O. Roger Taylor, publisher.

Each edition contains 32 pages. There are no advertisements.

"We decided to begin this new publication because our circulation department frequently receives notes from subscribers which read something like this: 'I like your paper and have always enjoyed reading, but since my eyesight is diminishing, I can no longer read the small print,'" Mr. Taylor said.

"*Big Times* was created to fill this void."

Many of the stories and features that appear in *Farmland News* are human interest pieces about people

doing interesting or sometimes unusual things—material of general interest to all kinds of readers, he explained.

He foresees *Big Times* developing its own personality eventually, with readers contributing comments or other input to its articles and features.

Besides features about people, it has these departments:

VIEWPOINTS: Original writings by the staff.

EDITORIALS: Opinions of staff writers.

CARTOONS: Humorous illustrations from a country artist.

POETRY: Tidbits in rhyme.

Single copies of *Big Times* sell for \$1.50 at newsstands. A one-year subscription by mail is \$15, but a special, introductory subscription price of \$10 is being offered to people who are legally blind, Mr. Taylor said.

Subscriptions may be ordered by writing to *Big Times*, 104 Depot St., P.O. Box 240, Archbold, OH 43502, or by calling (419) 445-9446.

Toledo Musician Invents Low-Vision Aid

An electronic low-vision aid that enables sight-impaired people to read music, while leaving both hands free for playing an instrument, has been developed by a Toledo musician.

Richard Martin Friedmar, a doctoral candidate at Toledo University, detailed the birth of his invention in a copyrighted thesis, *An Evaluation of a New Reading Aid for the Low Vision Student*, published last August.

His Friedmar Music Magni-Viewer enlarges, illuminates and projects written music onto a 12-by-18-inch screen atop a piano or wherever a music stand would ordinarily be placed, he explained.

The black-and-white images are transferred electronically to the screen from 35-millimeter slides arranged in order on a 120-slide carousel, with each slide containing a full measure.

Mr. Friedmar, 35, began playing



piano before he was four years old. By the time he was 11 he had formed his own band and begun composing music.

Since 1973, he has taught piano in Toledo and southeast Michigan to students with varying levels of sight impairment, including some who have gone on to conservatory study.

"The need for a device such as mine became obvious," he said, adding that he has applied for design and utility patents on the invention.

The Magni-Viewer can enlarge music symbols up to 96 times. Brightness, pre-selected tempo, projection size, and a reverse button that permit review are regulated by the user from a handy control panel.

Automatic or manual operation via a foot switch is also provided.

Mr. Friedmar built the Magni-Viewer last summer while completing a master's degree in liberal studies at UT. He is the only UT student to have received such a degree.

He hopes to make it widely available to sight-impaired music students through metropolitan or university libraries, agencies and schools for the visually or physically handicapped.

The device has potential applications in other areas, Mr. Friedmar said, including routine study of reading matter by the sight-handicapped, or by readers with other kinds of handicaps, such as gross motor deficiencies.

Although he has not determined a definite price, he expects to sell it for between \$375 and \$425.

Feted at Retirement



Nearly 80 well-wishers gathered in the Sight Center cafeteria for the December meeting of Happy Times to salute Loretta Turner on her retirement. Besides the cake shown above, Mrs. Turner received a bouquet of roses, a planter, and an album of photographs to mark her 19 years of service. The Start High School Swing Group sang 15th and 16th Century Christmas carols.

THE TOLEDO SOCIETY FOR THE BLIND

The Sight Center Newsletter is published by the Toledo Society for the Blind, a United Way member agency in Lucas, Wood, Ottawa and Henry Counties, Ohio.

Materials contained herein may be reprinted providing credit is given.

Chairman of the Board . . . John Goerlich
President William A. Marti
Vice President Thomas R. Day
Treasurer Gerald V. Hazel
Secretary Louis M. Zavac
Executive Director Barry A. McEwen
Editor John A. Rothen

Trustees: Frank J. Bartell, Public Relations/Advertising Counseling; Evelyn M. Bartz, Manager, Covenant House, Toledo, and Immediate Past President; ZONTA Club of Toledo; Edward G. Binkelman, Jr., Chairman of the Board, Binkelman Bearings, Inc., and Immediate Past President, Toledo (Host) Lions Club; Thomas R. Day, Vice President, Willis Day Storage Co.; Jerry W. Dreheim, M.D., Ophthalmologist; Kathryn Franklin, Retired Coordinator, Toledo Headstart Program; John Goerlich, Founder, AP Parts Co.; James C. Hackley, Vice President, Kidder, Peabody & Co.; Gerald V. Hazel, Vice President/Trust Officer, Ohio Citizens Bank; Richard C. Heymann, Jr., Retired President/Board Chairman, Ohio Plate Glass Co.; Mary M. Krueger, General Legal Counsel, St. Vincent Medical Center, Toledo; William A. Marti, Retired President, Canteen Service Co. of Toledo; Robert Y. Murray, Retired Administrator, St. Luke's Hospital, Maumee, OH; Robert Oberhouse, Retired Counselor, Ohio Rehabilitation Services Commission; Jill Z. Palmer, Henry County Representative; James G. Ravin, M.D., and Immediate Past President, Northwest Ohio Ophthalmological Society; Bruce R. Rumpf, President, The Rumpf Corp.; Bob Tilton, Bob Tilton & Associates, Inc.; Charles E. Trauger, Retired Chairman of the Board, United Home Federal, Toledo; Louis M. Zavac, Attorney.

It's Nice to be Liked

Solid endorsement of this Newsletter's content, appearance and style has been awarded by a heavy majority of readers who responded to the questionnaire we included in one-fifth of our June and September, 1986, mailings.

While response was lighter than we hoped for (only 32, or one and one-half per cent of those mailed, came back), a broad spectrum of readers was represented, based on age, education level, occupation and other factors. Because they were randomly distributed, we consider the results statistically valid.

We didn't expect to learn that everyone reads or likes everything we print. But 25 per cent of the respondents rated the balance of materials as excellent, slightly more than 59 per cent declared it good, and the rest judged it fair. No one, we are happy to report, rated it below average or poor.

Asked what kinds of stories they enjoy most, readers ranked them this way:

1. Human interest.
2. Legislation/government actions.
3. Rehabilitation services.
4. Medical conditions/causes of blindness, and Talking Books or other aids and appliances (tie).
6. Historical pieces.
7. Technical materials.
8. Financial news/annual report, and listings of memorial contributions (tied for last).

More than 81 per cent agreed that the newsletter does not need a name. Only one person had a name to suggest: *Eye Contact*.

In terms of readership, 59-plus per cent read all of it.

The front page gets the most attention from those who don't read everything, with stories about people and editorials the next most-read.

Seventy-five per cent prefer the flat paper stock we began using in 1985 over the glossy finish used previously.

Nearly everyone agreed that body type is large enough, that headlines and other typographical features are eye-appealing, and that enough photographs are used. In fact, only one negative reply was received to those three questions, and that person was dissatisfied only with the type size (by way of information, it's 10-point on a 12-point slug).

Respondents ranged in age from 13 to 79. Many failed to list an occupation or former occupation, but those given included a purchasing director, farmer, college and high school students, several retirees, two lawyers, a number of volunteers, the executive director of an agency for the blind in Indiana, certified therapeutic recreation assistant, a dietitian, housewives, high school secretary, executive, administrator, bookbinder, and a cutter-grinder/inspector.

The education level ranged from a man who had completed the 8th grade to a reader who holds a doctor of philosophy degree.

Slightly more than 31 per cent said they had used or are using Sight Center services, while 53-plus per cent said they had not. The remainder failed to answer the question.

Several people reported that they cannot read it because they are blind. Others have it read to them by family members.

One questionnaire came back completely blank, another was returned with a note saying the intended recipient had died, and one, from a reader who had started to answer the questions, concluded with the frank confession, "I really don't read any of it—to be perfectly honest."

We'd appreciate knowing who that person is, and whether there are others receiving the newsletter who are not really interested. It's one of the things the questionnaire hoped to discover.

Most readers were more positive. One declared, "You are doing a fantastic job!" A high school teacher wrote to say, "The newsletter is a fine journalistic effort." We would like to thank the teacher, because someone else wrote, "I suggest you cancel the newsletter and put the money toward your expenses. It is very nice, and interesting, but not necessary."

We beg to disagree with that comment, and we have supporters to back us. One wrote, "Great as is!"

"We like all of them (stories)," said a high school student, who added, "My mother reads the newsletter to me."

An Oak Harbor woman used the "Comments" space to thank the Sight Center for the glaucoma screening she took part in at the Ottawa County Fair. And a retired teacher wrote to tell us of her 40 years of teaching sight-saving classes, and loving every minute of it.

Suggestions for new or additional materials were surprisingly few. They included "Achievements by children and adults," "Service in nursing homes and rest homes," and an inquiry from a man who wanted to know whether there are volunteer programs for high school students.

As time and space permit, this newsletter will explore those suggestions, because we greatly appreciate the time and effort those 32 people took to fill out the questionnaires and return them, and we place a high value on the data provided. If any of you still have the forms and feel like filling them in now, we'd be happy to have your opinions and suggestions, too.

The Sign Post

Former client **Fran Rowland** was one of several members of the Toledo Achilles Track Club who took part recently in the New York City Marathon, a 26.2-mile, up-and-down-hill course through five parts of the city and across five bridges -- and she did it in a wheelchair. Ms. Rowland, who is legally blind, has cerebral palsy.

* * *

Linda Nemire Payne, formerly employed in the Sight Center's sheltered workshop, was named to the Hadley School for the Blind's fall honor roll upon completion of a course in Braille Writing.

* * *

Marvin J. Heminger, Hudson, MI, was one of 30 students who received Certificates of Commendation for impressive academic achievements at the Hadley School over a significant number of years. Mr. Heminger was cited for exemplary achievement in braille studies.

Staff Changes Announced

Employment of a new children's worker, a part-time rehabilitation teacher, part-time orientation and mobility instructor, and reassignment of duties for another staff member have been announced by executive director Barry A. McEwen.

Mary R. Scheuer joined the staff Sept. 16 as educational specialist, replacing Pamela Croson, who resigned to accept a teaching position with Toledo Public Schools.

Ms. Scheuer, of Petersburg, Mich., is an April, 1986, graduate of Eastern Michigan University, Ypsilanti, where she received a bachelor's degree in special education of the visually impaired.

She will teach children's everyday living skills classes in the training apartment under terms of the agency's contract with Toledo Public Schools, and will serve as an itinerant children's teacher throughout the Center's territory.

Her caseload includes nearly 300 blind children in northwest Ohio and southeast Michigan.

Daniel Zink joined the staff Oct. 31 as part-time orientation and mobility instructor.

A former Wauseon, Ohio, resident who now makes his home in Toledo, Mr. Zink is a 1986 graduate of Western Michigan University, Kalamazoo, where he received a master's degree in orientation and

Nominations Open for John Goerlich Service Award

Nominations for the John Goerlich Distinguished Service Award will be accepted at the Sight Center until Jan. 31, 1987.

The award, established in 1984, is given at the discretion of the Center's board of trustees to a person who has "provided a service for, or opportunity to improve the well-being of, blind individuals, or who has made significant contributions to the cause of sight preservation."

Mr. Goerlich was the first recipient. Thomas R. Day and Francis J. Linniger were the 1985 and 1986 selectees, respectively.

Although nominations are not limited to living people, the nominee's contributions should have occurred within the past five years.

The identity of the person chosen, and an account of his or her contributions, will be announced at the Sight Center's Volunteer Awards Luncheon in the spring.

Nominating statements should be directed to Barry McEwen, executive director. They may be of any length, but must be presented in tangible, permanent form, such as in writing, braille, or tape.



Mary Scheuer



Dan Zink

mobility.

He also holds a bachelor's degree in special education of the blind from the University of Toledo.

He will specialize in teaching orientation and mobility to children.

Ronald Pompei, who came to the Sight Center in November, 1983, as rehabilitation teacher, has taken over sales of aids and appliances, and administration of the Talking Book program, formerly handled by Loretta Turner, who is to retire Dec. 31.

Mrs. Turner was admitted to Mercy Hospital in late September with an apparent heart attack that was later diagnosed as severe asthma and bronchial pneumonia.

She is now convalescing at home. Maureen Pompei has resumed employment here as a part-time rehabilitation teacher after a two-year break. She holds a master's degree in rehabilitation teaching of the blind from Western Michigan University, Kalamazoo, MI.

Sam Cane, Private Eye...

Blind Pedestrians Must Cope with Hazards, Ignorance

White canes have been in use for about 60 years as mobility tools and symbols of independence for the blind.

But despite a continuing public education campaign, a great deal of ignorant, stupid behavior—sometimes studied with outright rudeness—remains everyday fare for many blind people who rely on those canes for identification as well as travel.

Shopping malls or other places where they are not known personally to the retail staff are a chronic headache, several said.

Ottawa Hills resident Bob Tilton, who is totally blind from diabetic retinopathy, described one such experience at the Lion Store in Toledo's Westgate Village Shopping Center.

"I stood at the sales counter in the men's department for 20 minutes, cane in hand, waiting for the clerk to get to me.

"She was busy the entire time, but I finally got tired of waiting and said, 'Don't you ever ask whether anybody needs any help?'"

The clerk, he said, responded brusquely, "This store doesn't have the manpower to individualize services. If you don't like it, write a letter to the manager."

He also recounted his experience last summer at the Wyandot County Fair in Upper Sandusky:

"A half-dozen people tripped over my cane. They obviously didn't know

what it was."

Mary Reiff, who has taught orientation and mobility to Sight Center clients since 1979, agreed that many problems result from misunderstanding.

She cited the behavior of a middle-aged man who watched closely one day last winter as she gave a lesson at North Towne Square Mall to Toledoan Lois Henning, who is legally blind from diabetic retinopathy.

"He finally walked up to Lois and dropped his wallet at her feet. When she reacted to the noise by looking down, he snarled, 'You're not blind! You're not blind!' and went storming off. A woman who was with him picked up the wallet."

Shopping is her biggest frustration, said West Toledoan Joyce Lee, also totally blind from diabetic retinopathy, and who always carries her white cane when out-of-doors.

"They (clerks) don't want to talk to me," she said.

"They want to talk to the person I'm with, and I'm expected to stand there like a zombie. It really irritates me.

"It has happened to me many, many times. When I have a companion, they won't give me the change even though I handed over the money!"

Equally irksome, she said, is that some clerks shout at her, apparently thinking her hearing is impaired, and the insistence by some that her sighted companion, if she has one,

Nineteen-year-old

Chris Stearns, of Toledo, has been blind since birth.

Chris got a lesson recently in the hazards of modern art when mobility instructor Dan Zink introduced him to "City Candy," the metal working on Summit Street between SeaGate and Portside. The lower part is exactly the right height to hit him in the face if his cane should go beneath it.



City Risks

people face stem from public ignorance, psychological factors also play a

role, said Rosetta Novak, of Port Clinton.

"When we have visitors, they will talk to my husband, Steve, and ignore me, perhaps because they are uncomfortable looking at me, not knowing whether I can see them.

"Yet, I consistently have the feeling that many people think I really don't need the cane, that I'm faking.

"I guess I don't look blind enough."

Traveling alone through Port Clinton streets can be a real challenge, said Mrs. Novak, whose blindness also results from diabetic retinopathy.

"I was walking to the post office one day to mail a card," she said.

"I heard a motor hum. As I got into the middle of the post office driveway, the car started backing up into me.

"There was no time to get out of the way. Instinctively, I swung the cane hard and struck the car.

"The driver, a woman, stopped immediately. She said, 'Oh, I didn't see you.'

"I was so angry I didn't talk to her, except to say, 'Well, I certainly didn't see you.'"

But her closest encounters, she added, have been with bicycles.

"Because I can't hear them coming," she explained.

"And around Port Clinton, people tend to leave their bikes on the ground anywhere—at the drug store, the soda fountain, or wherever they stop."

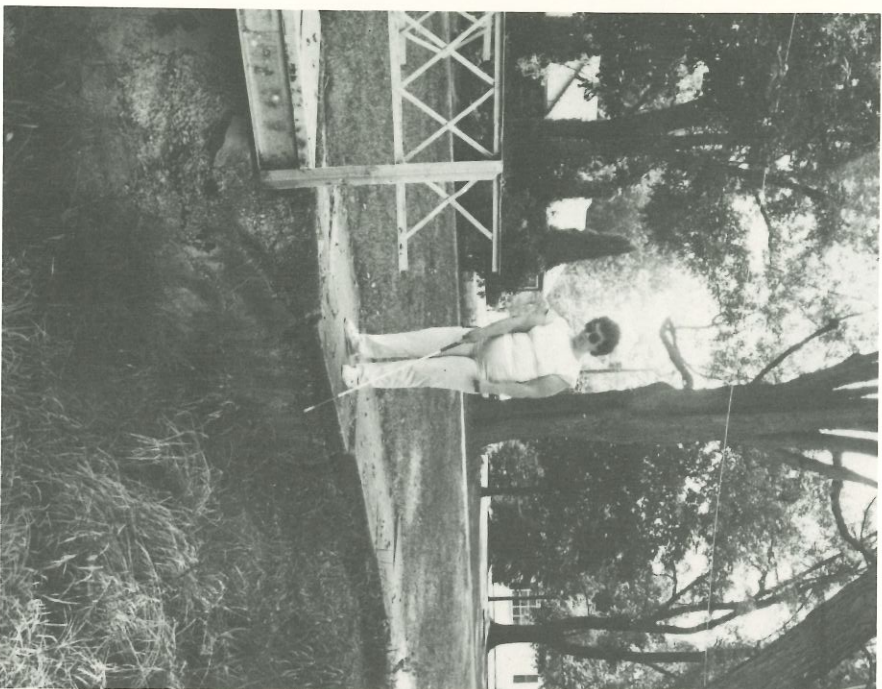
Another time, she said, a man walked up to her and asked, "What kind of golf club is that?"

"He was quite embarrassed when I told him.

"And at a club meeting, a woman said to me, 'Oh, you brought your umbrella.'"

Despite such annoyances, she said, "I stay close to my cane.

"He has a name, you know: Sam Cane, private eye."



An unguarded approach to a foot-bridge, and broken concrete sidewalks thrust up by a growing tree, are two of the hazards Kathy Shirkey, above, must be ready for when traveling in her Herrod, OH, neighborhood. She is blind from diabetic retinopathy and glaucoma.



Nothing Stops Him in His Run for Health

He's 60 years old.

He stands five feet, seven inches tall, and weighs 116 pounds.

His resting pulse is 48.

He sleeps about four and a half hours a night.

He's an assistant professor of physical education at the University of Toledo who lives mainly on fresh fruit and vegetables, some of which he grows in his own garden, avoiding supermarket foods where possible.

He eats onions with every meal, and hasn't touched red meat in years, although he'll eat fish or shrimp once in a while.

His name is Sy Mah, this gentleman of Chinese descent who began running at the age of 41 to gain control over his rising blood pressure.

In the 19 years since, he has completed more marathons of 26 miles, 385 yards than anyone who ever lived—437, at last count—and he's still going strong, adding about 40 more each year.

He is also the only person to start and finish all seven of the Chicago 100-kilometer meets that draw entrants from all over the country. It's a 62-mile non-stop event that begins in the morning and goes on until after dark.

Those achievements are listed in the Guinness Sports Record Book for 1986-87.

But this story isn't about Professor Mah's numbers, spectacular though they are.

It's about his refusal to heed medical advice to stop running for a while, the consequences of his decision, and the insight to be gained from it.

"Last year, while running at Niagara Falls, I suddenly saw what looked like worms swimming in my right eye," he said.

"But I told myself that it was only a cold, or something like that, and my good physical condition would enable me to overcome it."

The problem grew worse, however. Nearly two weeks elapsed before he was examined by an ophthalmologist, who told him that he had suffered a

detached retina, and referred him immediately to another surgeon.

But when the surgeon instructed him to report to St. Luke's Hospital, Maumee, at once to prepare for surgery the next morning, he refused. "I was to be guest of honor and speaker at a dinner that evening," he said, "and to be interviewed on television, and I didn't want to cancel at the last minute."

Perplexed at such stubbornness and apparent willingness to risk loss of an eye, the surgeon reluctantly agreed, provided he would have his pre-operative work done that afternoon, prior to keeping his dinner engagement, and be ready for surgery next morning.

That's how it was done, although a last-second hitch nearly developed.

"I had been given anesthesia and was being wheeled into surgery," he recalled.

"The last thing I heard before losing consciousness was someone shouting, 'Don't operate on this man! He has a bad heart.'"

But after consulting a sports cardiologist who said that the unusual vital signs showed that Professor Mah had the strong heart of an athlete, the surgeon proceeded.

When he awakened, he continued, he was told that the operation had succeeded in re-attaching the retina.

But he was advised by the nursing staff and others, he said, to refrain from exercise of any kind, including running, for six weeks.

Dissatisfied with that advice, Professor Mah said he then wrote to a medical doctor who specializes in sports to seek his opinion on the advisability of running, and received written instructions telling him not to do so.

But this is a man of powerful convictions, an apostle of good health whose lifestyle is dominated by running and the great cardiovascular system it has given him.

"I was scheduled to run in the Chicago 100 later that week," he explained. "I am the only person who has started and finished every one of them, and I was unwilling to see my record broken."

So, despite the repeated warnings, he entered and finished the meet, even though the meet director, a medical doctor, also advised him against it.

At the 50-mile point in the meet, the director again tried to persuade him to stop, Professor Mah said, telling him, "You have proved your point."

But he had gambled and won.

Upon returning to Toledo, he sought an examination by the surgeon who had performed the operation. The surgeon told him that the surgery was healing very well,



Along with the 40 or so marathons and other distance events he runs in each year, Professor Mah carries a full schedule in Exercise Science and Physical Education in UT's Department of Health Promotion and Human Performance. On this day, he coached a jogging class through 16 laps around the University's outdoor track—four miles of measured running—in 30 minutes, running alongside and timing each student at the end. Emphasis is placed on increasing the runner's endurance and distance capability, rather than building speed. Professor Mah also serves as volunteer advisor for Toledo Blind Athletes, Inc.

but said, of his decision to run, "It worked for you, but I would not advise anyone else to do it."

He sought yet another opinion, however, and arranged for an examination by another ophthalmologist and where, finally, he found an ally.

The doctor, he said, told him that his own, independent research for the past 15 years had not turned up a shred of evidence to support the widely-held medical opinion that exercise following retina surgery would imperil the eye.

The eye, however, may never be as good as it was before the detachment occurred, or as good as it might have been if he had not waited nearly two weeks to consult an eye doctor. Although it continues to improve, he still sees a double image in that eye.

Why did it happen?

The probable cause, Professor Mah believes, is his extreme myopia (nearsightedness), which he described as a family trait.

He raised a hand of caution and said, with careful emphasis, "I do not advocate that patients should defy advice from their doctors.

"I advocate good health. The way to have it is to run.

"Anyone can run," he said, "and everyone should."

Proper diet is also essential, he added—and most Americans do not follow a good diet; they eat too much

red meat, too much fat, fried foods and fast-food junk that clogs their arteries and leads to heart attacks or senile dementia (atherosclerosis).

At the same time, they fail to eat enough of the fresh vegetables and fruit all humans require, he said.

There is a widely-held but erroneous belief that we need the protein we get from meat, Professor Mah said.

"We need only examine the human mouth to realize that we do not have the pointed, flesh-tearing teeth of wolves, sharks and other predatory animals."

"Our teeth are suited for biting vegetables and grain, for grinding food up."

Big Print Calendars For 1987 Available

Large-print Sight Center calendars for 1987 are available free to people with severely limited sight on a first-come, first-served, basis. Any that remain are for sale to the public at \$3.50 apiece.

Blindness Statistics

Statistically, glaucoma remains the leading cause of blindness in the United States, but diabetic retinopathy is the leading cause of new blindness.

Editorial Advisory Board Meets Here

The editorial board of the Journal of Visual Impairment and Blindness held its annual meeting at the Sight Center Oct. 2-3, marking the first time in many years it had met anywhere but its New York office, according to executive director Barry McEwen, who has served on the board since 1984.

The Journal is described as an "inter-disciplinary journal of record for practitioners and researchers professionally concerned with blind and visually impaired persons."

Memorial Contributions

A permanent record is made of memorial contributions and other gifts to the Sight Center. Memorials are promptly acknowledged in accordance with the wishes of the contributor. The following is a list of memorials, gifts in honor of others, and bequests received by the Sight Center from August 1, 1986, through October 31, 1986.

James Arthurs, by Mr. and Mrs. Norman J. Spaulding.
Ray M. Beckwith, by Hazel L. Beckwith; Charles E. Trauger.
Mrs. Mary Bragg, by the Brandow and Vance families.
Rose Brower, by James and Lois Jane Perry and family, Robert and Luella Ross and family, and Leonard and Leona Shinevar.
Martha Burton, by Fern A. Burton.
Elvira Daily, by Al and Wanda McEwen.
Richard Damm, by Richard W. and Gertrude C. Shoemaker.
Estrilla Daniels, by Mildred L. Daniels; Mr. and Mrs. Paul Barber, Mr. and Mrs. Stephen Barber, and Mr. and Mrs. Norman Bauman.
Edwin David, by Mr. and Mrs. George Straus and family.
William Diamond, by Dr. and Mrs. George N. Bates; Pauline Kott; Mr. and Mrs. Stephen Sutton.
Dr. Joe Edelstein, by Norman A. and Leona Goldman.
Joseph Edwards, by June and Mearl Huffman.
Ruth Faunce, by Al and Wanda McEwen, and Agnes McEwen.
Laverne Fenstermaker, by Elizabeth Carsten; Dr. and Mrs. John Chapman; Mr. and Mrs. Raymond Feehan; Mr. and Mrs. William O. Gauthier; Mrs. Dorothy Graves; Mabel F. Huntley; Jack R. Knauer; Jerry G. Knauer; and Ronald P. Scherrer; Harriet C. Miller; Tracy Miller; Mr. and Mrs. George Pfeiffer; Mr. and Mrs. Harold Pfeiffer; James J. and Joanne R. Pfeiffer; Gladys and Frank Pitt; Michael J. Rosenberg; Mr. and Mrs. Michael Veaene; Mrs. Vivian Tillman.
Dr. Norris W. Gillette, by Scott J. Saum.
Rose Grady, by Robert E. and Joyce C. Schmitkey.
Myron Hamman, by Daniel and Netah Schmidt.
Robert Hammon, by Barbara Halstead and Peggy Fowler.
Germaine Taylor Holland, by Cathy L. Shaffer.
Evelyn Jacob, by Al and Wanda McEwen.
Robert Kirkland, by Sue J. Baker; Larry and Paty Branyan; Mr. and Mrs. Carl Galloway; Leitha K. Smith.
Patricia Knell, by Mr. and Mrs. David Bonde; Nancy Burton; Mr. and Mrs. Francis J. Linger; Barry A. and Cathy S. McEwen; Patricia A. Williams; The Sight Center staff.
Adam Lake, by Mrs. Pauline Dungan; Rose and Tom Watkins.
Francis J. (Frank) Liningier, by Jack and Bettie M. Andrew; Mr. and Mrs. Wells Boutell; Mr. and Mrs. Eugene Bowlus; Roger L. and Karol H. Brown; Nancy Burton; Londie Clark and Family; Mr. and Mrs. Gerald R. Crippen; Mr. and Mrs. Joseph B. Crippen; Mr. and Mrs. Vincent Crippen; Sharon A. Cutcher; Mr. and Mrs. Thomas R. Day; Ann L. Dickson and family; Mr. and Mrs. Gregory Douglas; Mrs. Pauline Dungan; The East Toledo Lions Club; Harry Feldman; John V. Finnegan; Mr. and Mrs. Harry Glenn; Mr. and Mrs. Raymond Glesner; Mr. and Mrs. Thomas Glick; William Horn; Agnes Jackson; Mr. and Mrs. Don Johnson; Richard Knell; Betty Koppus; Margaret M. Kinade; Victoria Kreinhil; Neysa Kidd; Judy Rothbaum; Janeen Williams; Charlotte Bowlus; Helen Prah; Alice Lehman; and Bobby Kelley; Mr. and Mrs. Walter Lemle; Mr. and Mrs. Michael Liningier; Trudy Liningier; Mr. and Mrs. John Lynch; Mr. and Mrs. Carl Manzek; Laura A. Martin; Doris a. McCray; Barry A. and Cathy S. McEwen; Al and Wanda McEwen; Amy B. Miller; Roy and Roberta Norman; Mr. and Mrs. R. R. Newton; Mr. and Mrs. Roy Norman; Mrs. O. J. Morris; Jean M. Penn; Mr. and Mrs. Larry Perkins; John G. Phillips; Robert Francis Reed; Mary Sawwell; Mark Smigelski; Mr. and Mrs. Walter Smigelski; John Strank; Mr. and Mrs. John V. Sturtz; Dolores Thibert; Mr. and Mrs. Merl R. Thomas; Mr. and Mrs. Cliff Thrun; Mr. and Mrs. Gerald Trevis; Rose and Tom Watkins; T. J. Watkins; Clem and Clara Wielinski; Edith Fuller Yancey; Phyllis Zook; The Sight Center Staff.
Gary Long, by Dr. Walter H. Harttung, Jr.
Phyllis Meyer, by Juanita Carstensen.
Bill Miller, by Mr. and Mrs. William Palmer.
Leona Mooney, by Mr. and Mrs. Don Fenstermaker.
Rikke Muhrin, by Judy A. Bauman.
Guy E. Neepet, by Alice E. R. Neepet.
Harold Neidethouse, by Mr. and Mrs. Paul Kopp; Mr. and Mrs. James Henry; Mr. and Mrs. Ralph Eisenart; Mr. and Mrs. Paul Woeike.
May H. Neuhausel, by Mrs. Herman Miller.
Irna Nusbaum, by Reba G. Bell; Gladys Frazier; Barry A. and Cathy S. McEwen; Mr. and Mrs. Walter J. Rasik.
Chester Plorkowski, Mr. and Mrs. Merl R. Thomas.
John R. Roberts, Jr., by Earl R. Pierce.
Herbert Romberger, by the Donald Calahan family.
Mrs. Georgia Roper, by Mrs. Ruby E. Chubner.
Wayne Samson, by The East Toledo Lions Club.

Memorial Contribution Form

This Gift of \$ _____ is in Memory of _____

Please Acknowledge to:

Name _____

Address _____

City _____ State _____ Zip _____

From: _____

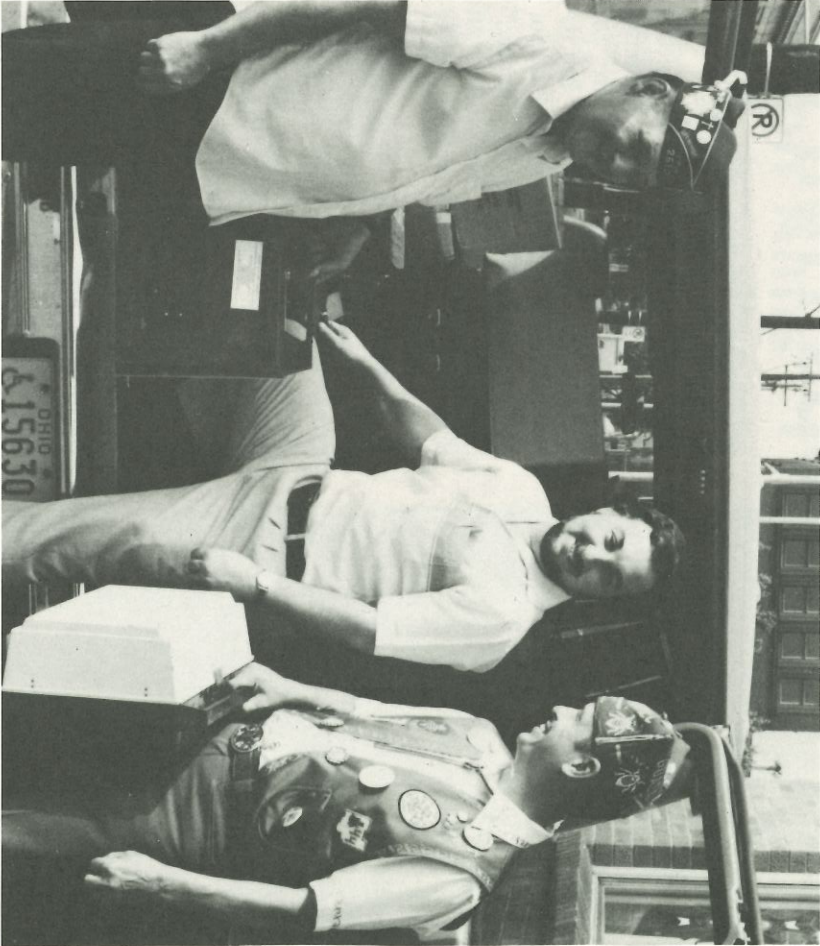
Your Name _____

Address _____

City _____ State _____ Zip _____

Please make checks payable to The Toledo Society for the Blind, 1819 Canton Ave., Toledo, OH 43624.

Vets Receive Braille Books



Braille books and magazines, along with several obsolescent but still-operable Talking Book machines, were donated by the Sight Center last September to residents of the Ohio Veterans Home, Sandusky. Veterans of Foreign Wars Post 2510, 617 Second St., Toledo, took on the job of seeing that the materials were delivered during one of that Post's regular visits to the retired or disabled veterans, many of whom have sight handicaps. Unloading the agency van are Post Commander and hospital chairman Don Truitt, left; Ray Widmer, Senior Vice Commander, right, who also holds the office of Seam Squirrel, and Ron Pompei, center, of the Sight Center staff.

Gifts In Honor of

Birthday of Marissa Beth Arnold, by Rosanne Deutsch.
Yale M. Feniger, by Jean Gordon.
Birthday of Suleyman Gokyigit, by Hasan and Acun Gokyigit.
Dr. David Kahn, upon completing national boards in ophthalmology, by Mr. and Mrs. Norman Goldman.
Bart and John Lowden, on their 40th wedding anniversary, by Billie and Bruce Kelley.
Drs. Ruth and Lawrence Nathan, on their 20th wedding anniversary, by Mrs. Jerome Kobacker.
Jenny Thompson, by Lois Jane Perry.

Bequests

Clarence and Daisy Hickok Estate

United Way Donors Are Free to Name Recipient of Gifts

Contributors to the United Way of Greater Toledo, or the Henry County United Way, may direct all or any part of their donation to go to the Sight Center by exercising their United Way Donor Option.
Those who wish to do so should simply write "Sight Center" under Option B on the Donor Option Form.
The Sight Center thanks everyone who designates this agency to receive their contributions via the Donor Option Program.